

Welcome to Week 8!

### **Food of the week: Snow Peas**

Snow peas are tender and slightly sweet pea pods which are harvested before the pods get tough. Since they still have the pods and harvested young, they are much lower in carbohydrates than regular peas. Make sure you get them organic. They are easy to grow in a garden or even a container and like to be started early in the season. They are great in stir fries, but they can also be used in salads, side dishes, or even dipping with hummus. Since they are so tender, don't over cook them. A light stir fry or steam should keep them bright green.

### **Topic of the week: Growing a Garden**

Creating a deeper connection to the food you eat can have a positive impact on more healthful eating. While not everyone has a place or the time to have a garden, making an any effort to enjoy very fresh food can remind you how good healthy eating can taste. Here are some resources and considerations for a home garden:

- ◆ Start small to keep yourself from giving up before you grow anything
- ◆ Containers are a great way to start and almost everyone has enough space/sun for one or two pots
- ◆ Grow things you love to eat or that you only want to eat when fresh (I always thought I hated tomatoes until I tasted a home grown tomato)
- ◆ Grow things that are expensive at the store (fresh herbs taste so much better than dried but can be expensive; they are easy to grow in containers)
- ◆ Check out Square Foot Gardening which is a book about growing more in a small space
- ◆ Grow things that can be planted at many different times (beets, lettuce, carrots can all be sowed directly into the ground and so plant a few one week, a few the next week, etc.) so you don't have them all ripening at the same time
- ◆ If none of the above works for you, check out the many local tailgate markets and CSA (community supported agriculture) in your area

# Ultimate Weight Loss Protocol

## *Continuum*

# Week 8

## Recipes

### **Snow Peas with Sesame Seeds**

- 2 cups snow peas
- 1 tsp organic coconut oil or grass-fed butter
- 1 tsp soy sauce
- 2 Tbsp chicken broth
- 1 tsp grated ginger
- 1 Tbsp white or black sesame seeds

Heat oil or butter in pan on medium high, add snow peas and stir fry for 1-2 minutes until bright green and tender, add ginger for 30 seconds. Remove from heat, add broth, soy sauce, and sesame seeds. Toss and serve. (Can add sriracha - red chili garlic paste if heat is desired)

### **Tempeh Stir Fry (serves 4)**

- 1 package tempeh cut into small chunks or strips
- 1 cup snow peas
- 1 red bell pepper, sliced
- 1 medium onion, sliced
- 1 head broccoli, but into bite sized pieces
- 1 Tbsp grated or minced ginger
- 4 tsp organic coconut oil or grass-fed butter (divided)
- Spicy Stir Fry sauce from week 7

Heat large pan on medium high, add 2 tsp oil or butter. Put tempeh in pan and cook until starting to lightly brown on edges, remove from pan. Add 1 tsp oil, add onion, then broccoli, then pepper, then snow peas to pan and stir fry for about 1 minute between additions. Push veggies to sides, add last tsp of oil and ginger for 30 seconds. Remove from heat and add stir fry sauce and cooked tempeh and toss to combine.